

It all boils down to sin.

Most of our mental problems are the result of sin, and most of them can be cured by acknowledging this and bringing the issue to Jesus, who heals, repairs, restores, makes all things new.

We turn too quickly to medications, pills, counselors, therapists, and self-help books, when the answers have been right there for us, all along, in the Bible.

A life of time spent in prayer and seeking His will, instead of our own, and filling our minds with His Word - that's the answer, right there.

Plain and simple, available for all.

His Word says that the people perish for lack of knowledge.

The world wants us blind and deceived, and not seeking Jesus.

The world will continue to come up with all sorts of modern solutions to a timeless problem - sin.

We all were born into this world in our sin nature, but when we are older, and able to choose Jesus on our own (not "baptized" as infants into religion), He washes us clean, heals, and gives us a new mind and a new heart. When we are in Him, we can quickly go to Him for help when we sin, ask to be forgiven, and repent (turn away from) of that sin. We can stand back up and keep going, when we follow Him.

A life without seeking Him and His will, His healing, and His deliverance, will only lead to destruction - both in the physical mind, and eternally.

Many mental problems (as we call them) can be cured through

submitting to Jesus Christ. Addictions, negative behaviors, habit patterns, character flaws, etc etc, all of this and more can be helped and eliminated by turning to Jesus, not the solutions offered to us today by the world.

Being forgiven of sin, and true repentance, cuts cords, breaks bonds, sets prisoners free. Taking every problem to Jesus is the way that actually works. Everything else is just a quick fix.

Chronic issues and troubled minds can be refreshed and restored, if we will admit we are sinners, and go forward from there. How can people know they are sinners, when the world sweeps Jesus under the rug? It's up to each of us individually to pick up the Bible and learn of Him. No church or religion or speaker can do this for us. It's our own personal responsibility.

We are all sinners in need of His saving grace.